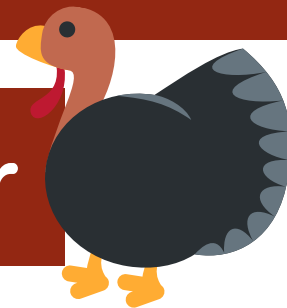




# Lil' Sprouts Newsletter



## Did you know?

Thanksgiving is a great time to spend time with family and give thanks for the good things in our lives. But it's also important to remember that Thanksgiving has a complicated history. Long before settlers came to the East Coast of the United States, the area was inhabited by many Native American, or Indigenous tribes. The area surrounding the site of the first Thanksgiving, now known as southeastern Massachusetts and eastern Rhode Island, had been the home of the Wampanoag people for over 12,000 years, and had been visited by other European settlers before the arrival of the Mayflower in 1620. The Indigenous people knew the land well and had fished, hunted, and harvested for thousands of generations. English Protestants called Puritans came to Wampanoag land in 1620. As the Puritans prepared for winter, they gathered anything they could find, including stealing Wampanoag supplies. After several meetings, in 1621, a formal agreement was made between the settlers and a Chief of the Wampanoag. The Wampanoag knew that the only way to protect themselves was to try and create peace with the Puritans. One day that fall, four settlers were sent to hunt for food for a harvest celebration. The Wampanoag heard that the English might be preparing for war. They visited the Puritans with 90 men to see if the war rumor was true. Soon after their visit, the Wampanoag realized that the Puritans were only hunting for the harvest celebration. The Wampanoag sent some of their own to hunt deer for the feast and for three days, Puritans and Wampanoag ate together. However, this 'peace' did not last. Over time, colonizers, the English who took control over the US, killed thousands of Indigenous people all over the country, and for those who remained, pushed them off their land. It's not wrong to celebrate Thanksgiving, but it's important to learn and understand the bad parts of the history of this holiday as well.



## Thanksgiving Garlic Mashed Potatoes

Veggie Box Potatoes, peeled (2 pounds)

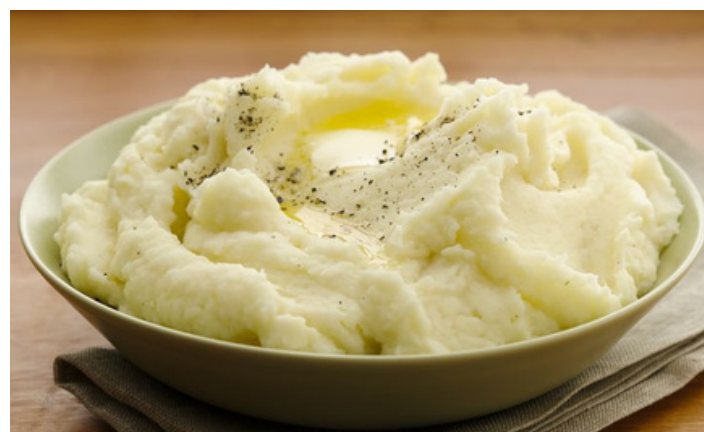
4 cloves of Veggie Box Garlic

4 tablespoons of butter

1/2 cup of milk

Salt and Pepper

**Cut the potatoes into around two-inch chunks and place them in a large saucepan along with the garlic. Cover with water, bring to a boil, lower heat to medium, and cook until the potatoes are tender, usually about 20 minutes. Drain the potatoes and garlic. Next, using a potato ricer, masher, or just a fork, mash the potatoes and garlic together. Stir in the hot milk, season to taste with salt and pepper, then add the butter. Stir it all together and you are ready to enjoy!**





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Thanksgiving

Cranberry

Stuffing

Feast

Veggie Box

Wampanoag

Thankful

Potato

Butternut

Macaroni

Lansing

Turkey

Fall

Pie

Family

Harvest

